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SPEAKING OF CHEESE

A round table discussion by Ruth Van Deman, (PHE) E. J. Rowell, (BAE) John Baker and Wallace Kadderly, Radio Service, broadcast in the Department of Agriculture portion of the National Farm and Home Program, Thursday, April 20, 1939.

--ooOoo--

U. S. Department of Agriculture

WALLACE KADDERLY:

Several of the U. S. Department of Agriculture branch of the Farm and Home family are gathered around the table today here in Washington--ready to give you their news and views on another of our important foods. This time it's cheese. And as usual at these Thursday discussions, Ruth Van Deman sits at the head of the table.

RUTH VAN DEMAN:

This is a round table, Wallace. It hasn't any head.

KADDERLY:

No head! Then no foot.

VAN DEMAN:

No, everybody's free to say what he pleases.

KADDERLY:

Mike Rowell, then I suppose that means you're free to bring in just as many tons of statistics as you wish.

E. J. ROWELL:

Well, if you want the facts, the Great American Public does get away with several hundred thousand tons of cheese every year.

KADDERLY:

All right, we'd like to have the exact number of hundred thousand tons in just a minute. First though, John Baker, we'll let you put in a word.

BAKER:

I'm not sure just how I got in on this.

VAN DEMAN:

You're here as a cheese connoisseur.

KADDERLY:

Sure--and as one who favors the flavor of old cheese.

BAKER:

Well, if it's somebody to speak for really aged cheese, you want, --- yes, I'm always ready to do that. If there's anything I dislike, it is rubbery green cheese --- cheese with a wishy-washy flavor. To my mind products like that are a menace to the cheese taste of this nation.

KADDERLY:

You're our man, John - That's just why we invited you.

(over)

VAN DEMAN:

Yes, I think we're all of one mind about well-ripened cheese. And I want mine in the original curd.

KADDERLY:

In a few minutes I'm going to give you a little demonstration here of cheddar cheese in the original curd. This tin can here contains 12 ounces of cheddar cheese ripened right in this package.

VAN DEMAN:

You must have been visiting the cheese laboratory over in Dairy Industry.

KADDERLY:

No, I bought this can of cheese. I decided it was time I furnished a sample for one of these round tables.

VAN DEMAN:

But the Dairy Industry people are the ones who worked out that way of packaging natural cheddar cheese---in tin cans. Dr. Bell took me in their curing room the other day and told me about some of the experiments still going on - - -

KADDERLY:

Oh yes, this is the type of can they suggest---a can with a one-way valve here on the top. But, Mike Rowell, perhaps this is as good a time as any for you to unload your statistics.

ROWELL:

On this type of cheese you've just been speaking of---whole-milk American cheddar---there are somewhere around 500 million pounds of that produced in the United States a year. That is, cheddar in all sorts of forms---Daisies, Longhorns---big wheels and little wheels. We export some of that cheese, and of course we import many kinds. Our annual cheese consumption is around five and a half pounds per capita. That's figured on a very broad basis.

BAKER:

Lots of us eat much more than that. As I remember it, Hazel Stiebeling in her study of what city families eat found averages of cheese consumed up to 10, 15 and 20 pounds per person a year. That was particularly true on the Pacific Coast.

VAN DEMAN:

That's right---the greatest cheese consumers do seem to be on the West Coast.

ROWELL:

Wallace, is that the reason you grew so tall---got plenty of calcium to build your bones?

KADDERLY:

I've always been very fond of cheese.

VAN DEMAN:

And your parents before you?

KADDERLY:

I think so.

VAN DEMAN:

The foundations for our bony structure are laid a long, long way back---before we have anything to say about it---before we're born in fact.

BAKER:

But we keep right on needing calcium as long as we're alive. An average man needs about three-fourths of a gram of calcium every day.

VAN DEMAN:

Let me see, translated into cheddar cheese---it's very rich in calcium---this will be a rough translation of course---three-fourths of a gram of calcium would be somewhere around 2 to 3 ounces of cheddar cheese.

ROWELL: (Aside)

Just a good sized piece to go with the apple pie.

VAN DEMAN:

---Not that you want to make cheese or any other one food your sole source of calcium. We believe in a well-balanced diet, made up of as many kinds of food as you can get.

ROWELL:

And I hope you believe in a person eating as many kinds of cheese as he can get.

VAN DEMAN:

Certainly. How many are on your list?

ROWELL:

Cheddar of course.

KADDERLY:

Check.

BAKER: I

Check.

VAN DEMAN:

I check too---meaning natural cheddar, made of whole milk - - -

BAKER:

Well aged.

VAN DEMAN:

Yes, sharp flavored.

KADDERLY:

Bill Crago, you're in on this too. This is a poll---we want the opinion of all those present.



CRAGO:

I like cheese, but I'm on a diet.

VAN DEMAN:

We'll take care of that later.

ROWELL:

And of course Swiss cheese---the kind with the big eyes - - -

BAKER:

Yes, the sweet flavor of good Swiss cheese is fine. But I want it in chunks. Not in those tissue paper slices you can't taste.

VAN DEMAN:

Try them sometime on the same platter with cold sliced ham.

BAKER:

I'd still rather have it in chunks I can pick up.

KADDERLY:

Everybody voting "yes" on Swiss cheese. How about Roquefort?

ROWELL:

Yes, on toasted Boston water crackers with coffee at the end of dinner.

VAN DEMAN:

How about some Roquefort crumbled up in the salad dressing on lettuce?

KADDERLY:

Very, very good.

BAKER:

A little of those two goes a long way with me. I'd rather have liederkranz. It's an American cheese, about the next thing to limburger.

VAN DEMAN:

Those are too stout for me.

KADDERLY:

Oh no, Ruth, those aren't strong.

BAKER:

Mix the limburger with a little cream cheese that cuts the flavor.

CRAGO:

Now you're getting around to something on my list.

ROWELL:

Limburger?

CRAGO:

No, no---cream cheese and cottage cheese.

KADDERLY:

You like 'em mild.

CRAGO:

The mild ones like me.

VAN DEMAN:

But don't you think that idea that cheese is indigestible, or hard to digest, is rather going out of style---now that people understand better, how to serve cheese. It's a very concentrated food. You need to serve it with other foods not so rich and concentrated. And you need to figure it in as a main part of the meal---that is if you're going to eat very much of it.

BAKER:

As a matter of fact cheese is highly digestible. It's really milk that's gone through processes similar to the first stage of digestion in the human stomach.

KADDERLY:

We haven't got very far down the list of cheeses yet. We haven't mentioned Edam---the little round cheese shaped like a cannon ball, which comes from Holland. And all the Italian types - - -

VAN DEMAN:

Parmesan---Gorgonzola---and the soft Bel Paese type.

KADDERLY:

The dairy people have found a way to make that in this country.

ROWELL:

And Camembert---that's one of my favorites.

BAKER:

And nobody's said a word about Stilton.

KADDERLY:

We were leaving that to you, John.

VAN DEMAN:

That's the cheese of the real connoisseurs, I understand.

BAKER:

It's an English cheese of course. I might say the king of English cheeses. As someone wrote recently: "Everybody who has ever entertained a Stilton must remember the sigh of sorrow which goes up when the last of it has been eaten".

KADDERLY:

John, no need to sigh here. Have a piece of this American-made Cheddar, well-ripened.

VAN DEMAN:

I call that cheese.

ROWELL:

Mellow and rich.

CRAGO:

Give me just a sliver.

KADDERLY:

That is pretty good cheese---eh, John?

BAKER:

Very good.

KADDERLY:

Well, I'm afraid we can't go all the way down the roster of cheeses. We've named at least a dozen kinds.

VAN DEMAN:

And I want to say just a word about cooking cheese. Like all the other forms of protein, cheese is best when you keep the heat on the very moderate side. Intense heat makes cheese tough and leathery.

BAKER:

Is that why some of the stuff they call cheese cake isn't fit for a donkey?

VAN DEMAN:

I don't know. We have a recipe for cheese cake made with cream cheese, and eggs, and a little sugar.

BAKER:

Not too much sugar, I hope. Cheese cake is one of man's greatest inventions. But Heaven deliver us from the sweet inadequate mess that many cheese cakes are. Good cheese cake is rather moist, not dry and crumbly. And it should have a distinct cheese flavor, not just a sugary taste.

KADDERLY:

What's your cheese cake recipe in, Ruth?

VAN DEMAN:

A bulletin on **Neufchatel** and cream cheese---one we worked on in cooperation with Dairy Industry.

KADDERLY:

What's the number?

VAN DEMAN:

Farmers' Bulletin 960.

KADDERLY:

Farmers' Bulletin 960. And what's the title again?

VAN DEMAN:

"Neufchatel and Cream Cheese - Farm Manufacture and Use",---I think that's the full title.

KADDERLY:

All right for me to offer that to our listeners---anybody who wants to know how to make cheese cake?



VAN DEMAN:

Yes, it's on the free list. But I'm not sure whether the recipe would pass muster with John Baker.

BAKER:

Bring me a sample to try.

VAN DEMAN:

It always comes back to that.

KADDERLY:

This bulletin has some other cheese recipes, doesn't it?

VAN DEMAN:

Oh yes, quite a lot--- salads, sandwiches, cheese fillings for gingerbread ---

KADDERLY:

Well, thank you all very much for this pleasant round table on cheese. And I'll repeat the number of the free bulletin, Farmers' Bulletin 960, "Neufchatel and Cream Cheese.

And by the way, Ruth, we shouldn't forget the cheese souffle in your egg leaflet.

VAN DEMAN:

That's a thought. There are two or three good suggestions for using cheese in that leaflet. Baked eggs and cheese, cheese omelets.

KADDERLY:

Well that's two bulletins available with recipes for using cheese - the Farmers' Bulletin on Cream Cheese and the egg leaflet. (Directions given for obtaining them).

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